

**THE PREMARITAL CONSULTATION—A Manual for Physicians**—Abraham Stone, M.D., Associate Clinical Professor of Preventive Medicine, New York University College of Medicine, Director, Margaret Sanger Research Bureau; and Lena Levine, M.D., Associate Medical Director, Margaret Sanger Research Bureau. Grune and Stratton, New York, 1956. 90 pages, \$3.00.

Young people seek in marriage the satisfaction of three basic human needs: Love and affection; legal and social sanction of satisfaction of their normal sexual needs; the establishment of a home and family.

The Premarital Consultation is written for the general practitioner who has an interest in this field. It is a small book of some 90 pages written in the form of a sample history, examination and interview to meet the needs of the average healthy couple who come for a general premarital consultation. A couple may be merely seeking factual information that will facilitate adjustment or they may be concerned by some specific aspect of marriage. The histories of the couple should be taken separately to provide the opportunity for greater freedom and for discussion of any problem which he or she would not prefer to raise in the presence of the other.

There are appendices listing contraceptive techniques, marriage laws and national organizations concerned with family relations.

This is an excellent small book which can be recommended to any physician who is interested in the subject of premarital consultation.

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**THE DRUG ADDICT AS A PATIENT**—Marie Nyswander, M.D., Senior Supervising Psychiatrist, Post Graduate Center for Psychotherapy; Consultant, New York City Department of Health; President, National Advisory Council on Narcotics. Grune & Stratton, Inc., New York, 1956. 179 pages, \$4.50.

That the whole subject of drug addiction and its management is controversial is attested to by the pleomorphic and often fatuous reports that one reads in the lay press; almost everyone except experienced physicians have had a hand in outlining the means by which an extremely complicated and tragic disease should be controlled.

Dr. Nyswander's book is therefore timely and should be welcomed by the whole profession of medicine. The author is well qualified to speak upon the subject, having spent several years in the United States Public Health Service a part of which was served in the governmentally established Lexington, Kentucky, Hospital given exclusively to the care and treatment of committed narcotic addicts. She is obviously a thorough going physician, having been certified by the American Board of Psychiatry and Neurology, and since her training, having been appointed supervisor and director of a well established postgraduate psychotherapy clinic in New York City.

The book deals with the history and background and drug addiction as it has developed in this country, the laws that have been passed in an attempt to control the traffic, and with a philosophy so simple and clear that one is immediately impressed with its experienced authority.

There follows well organized chapters on Pharmacology of the principal addicting drugs, Physiology of drug addiction, Psychology, dealing with the addicts personality, theoretical formulations, etc., Social Pathology, Clinical diagnosis, Withdrawal treatment, Rehabilitation, and an excellent comparative chapter on the British approach. Her last section deals with a six point program that was recently proposed by the New York Academy of Medicine.

In the main Dr. Nyswander points out that drug addiction is a distinct "disease entity" that should be treated as disease and not as crime. She then discusses the means by

which this may be done. Her experience has impressed her with the futility of the complete prohibitive and punitive approach that has been our tragic experience during the past forty-odd years. Her views are more appreciated for their honesty and originality since there was ample time during her training experience within a governmental bureau for her to be regimented into that bureaucratic type of thinking and rationalization that marks so many people who must conform to stylized patterns of performance. The author's courage is understandable when one reads her full account of the "whole truth" regarding the "clinic trials" of the 1920's and her criticism of the many reports published by the Bureau of Narcotics that distort the facts. At the same time no attempt is made to discredit those advances that have been made by governmental intervention in a problem that plagues every stratum of our society. One has the impression upon completing the book that here is a work that has been ably and honestly performed in the interest of the people and that the medical profession should assume its responsibility in the medical aspects of a medical problem. The book should be a reading "must" on every American physician's list.

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**PATHOLOGIC PHYSIOLOGY—Mechanisms of Disease—Second Edition**—Edited by William A. Sodeman, M.D., F.A.C.P., Professor of Medicine, School of Medicine, University of Missouri. W. B. Saunders Company, Philadelphia, 1956. 963 pages, 173 illustrations, \$13.00.

Pathological physiology includes the many phases of pathogenesis of disease. It covers the mechanisms whereby etiologic agents effect their damage.

The subject matter of this text is considered under conventional headings—Genetics, Growth and Neoplasia; Metabolism and the Endocrine Glands; Infection and Allergy; Physical, Toxic and Chemical Agents; Circulatory System; Respiratory System; Digestive System, Urinary Tract; Blood and Spleen; Locomotor System; Nervous System. However, the discussions center around the mechanisms whereby agents producing disease bring about the changes rather than about the agents themselves.

The second edition has included the addition of some 155 pages as well as changes in the general sequence. New chapters have been added on the nervous system by Dr. Russell N. DeJong and on Genetics, Growth and Neoplasia by Dr. Madge T. Macklin. The latter is noteworthy in the way it points out differences between clinical medicine and other types of biology in the consideration of cancer. Biologists working with cancer in mice feel that it is no longer necessary to submit proof that cancers are inherited, but that it merely remains to find out how they are inherited. On the other hand, doctors still require evidence that cancer in man has a genetic basis. Dr. Macklin feels that this is a misconception of the meaning of heredity. Cancer, she points out, is in no sense different from any trait which we ordinarily call hereditary. When we say a disease or normal condition is inherited, we understand that this is a short cut to saying that genes conditioning the development of the trait are the inherited substance and whether or not the trait ultimately comes to expression is the result of intra-action between the gene complex and the surrounding milieu. She points out other factors in this regard: Cancers may be inherited even though the parents have not cancer; cancers depend upon multiple genes rather than a single gene; cancers probably represent multiple diseases rather than a single disease. What is inherited apparently is a complex of genes for cancer of specific organs, or site specificity.

The first edition of "Pathologic Physiology" was considered very favorably (California Medicine 74, 4, 289 (April) 1951). The second is similar recommended.